



THERAPEUTIC SINGLE RECIPE

DIET FORMULATED FOR:

MEMBERSHIP PROGRAM

PET NAME

Life Stage: Adult Maintenance

FORMULATION COMPLETED ON:

May 1, 2023

DIET FORMULATED BY:

RONNY LEJEUNE

Lead Certified Canine Nutritionist

RECIPE 1

Pet Name

Ideal Weight in LB

Daily Calorie Requirements

Life Stage

PET NAME

10 LB

1000

Adult Maintenance

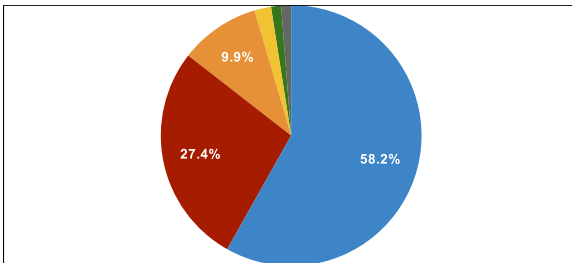
Recipe	Ingredients	Amount		Calories
RECIPE 1	1 Ground Turkey, 99% lean, cooked	7.30 OZ	207 G	312 KCAL
	2 Beef Chuck, boneless, cooked	4.62 OZ	131 G	389 KCAL
	3 Beef Heart, cooked	1.06 OZ	30 G	49 KCAL
	4 Salmon, cooked	0.70 OZ	20 G	31 KCAL
	5 Oysters, canned in water	0.53 OZ	15 G	10 KCAL
	6 Mussels, no shell, cooked	0.53 OZ	15 G	26 KCAL
	7 Turkey Liver, cooked	0.53 OZ	15 G	28 KCAL
	8 Beef Kidney, cooked	0.35 OZ	10 G	16 KCAL
	9 Sunflower Oil, cold pressed	2.25 TSP	10 G	90 KCAL
	10 NOW Omega 3	1.00 PILL	1 G	10 KCAL
	11 Nutritional Yeast	1.00 TSP	3 G	8 KCAL
	12 NOW Psyllium Husk Powder	2.66 TSP	8 G	30 KCAL
	13 NOW Calcium Carbonate Powder	0.81 TSP	3 G	0 KCAL
	14 NOW Iron Bisglycinate, 18mg	0.69 PILL	1 PILL	0 KCAL
	15 NOW Taurine Pure Powder	0.10 G	0 G	0 KCAL
	16 NOW E Oil (31.625IU/drop)	0.95 DROP	0.9 DROP	0 KCAL
	17 NOW Pure Kelp Powder (450mcg/scoop)	0.49 SCOOP	0.5 SCOOP	0 KCAL
		16 OZ	454 G	1000 KCAL

Notes From Lead Certified Canine Nutritionist, Ronny LeJeune

Supplement Dosage Guidance:

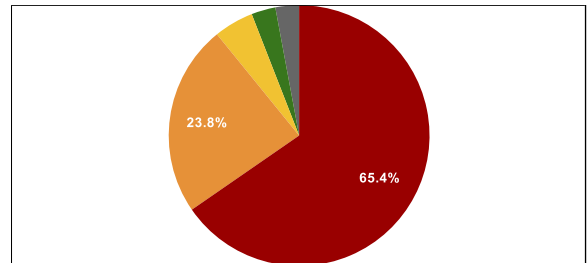
- Liquids: Any liquid supplements that list the quantity of drops refers to individual drops (not droppers).
- Pills or scoops: Any dry supplements listed as a decimal quantity refers to a fraction of the pill or scoop. Scoop refers to the specific scoop included with the product selected. The shopping list includes the total amount of individual pills or scoops required for the total meal prep period

Recipe Macro Nutrients – As Fed



58.2%	Moisture	275.98 G
27.4%	Protein	129.78 G
9.9%	Fat	47.19 G
2.1%	Carbohydrate	9.78 G
1.3%	Fiber	5.95 G
1.2%	Ash	5.81 G

Recipe Macro Nutrients – Dry Matter



0.0%	Moisture	0.00 G
65.4%	Protein	129.78 G
23.8%	Fat	47.19 G
4.9%	Carbohydrate	9.78 G
3.0%	Fiber	5.95 G
2.9%	Ash	5.81 G

RECIPE 1 ANALYSIS

Nutritional Standard

NRC 2006

Species

FELINE

Life Stage

Adult Maintenance

Recipe Calories

1000

Amino Acids	Nutrients In Recipe	NRC Minimum Requirement	NRC Recommended Allowance
Crude Protein	129.784 g	40.00 g	50.00 g
Arginine	8.084 g	1.93 g	1.93 g
Histidine	3.458 g	0.65 g	0.65 g
Isoleucine	5.206 g	1.08 g	1.08 g
Methionine	3.258 g	0.34 g	0.43 g
Methionine & Cystine	4.587 g	0.68 g	0.85 g
Leucine	9.413 g	2.55 g	2.55 g
Lysine	10.133 g	0.68 g	0.85 g
Phenylalanine	4.567 g	1.00 g	1.00 g
Phenylalanine & Tyrosine	8.544 g	3.83 g	3.83 g
Threonine	5.116 g	1.30 g	1.30 g
Tryptophan	1.139 g	0.33 g	0.33 g
Valine	5.526 g	1.28 g	1.28 g
Taurine	0.100 g	0.08 g	0.10 g

Fats & Fatty Acids	Nutrients In Recipe	NRC Minimum Requirement	NRC Recommended Allowance
Total Fat	47.191 g	22.50 g	22.50 g
Linoleic Acid	9.233 g	1.40 g	1.40 g
Alpha-Linolenic Acid	0.080 g	0.00 g	0.00 g
Arachidonic Acid	0.440 g	0.00 g	0.02 g
EPA & DHA	0.640 g	0.00 g	0.03 g

Vitamins	Nutrients In Recipe	NRC Minimum Requirement	NRC Recommended Allowance
Vitamin A	1665.647 mcg	250.00 mcg	250.00 mcg
Vitamin C	6.176 mg	0.00 mg	0.00 mg
Vitamin D	3.418 mcg	1.80 mcg	1.80 mcg
Vitamin E	20.100 mg	10.00 mg	10.00 mg
Thiamin (B1)	2.218 mg	1.40 mg	1.40 mg
Riboflavin (B2)	3.498 mg	1.00 mg	1.00 mg
Niacin (B3)	48.436 mg	10.00 mg	10.00 mg
Pantothenic Acid (B5)	4.627 mg	1.20 mg	1.40 mg
Pyridoxine (B6)	4.817 mg	0.50 mg	0.60 mg
Biotin (B7)	19.206 mcg	15.00 mcg	18.75 mcg
Folic Acid (B9)	200.408 mcg	188.00 mcg	188.00 mcg
Cobalamin (B12)	23.054 mcg	5.60 mcg	5.60 mcg
Choline	465.180 mcg	510.00 mcg	637.00 mcg

USDA's nutritional data on food is lacking choline data. However, this does not mean that the recipe is choline deficient. Choline is commonly available in raw meats and organs. Additionally, dogs and cats have the ability to biosynthesize choline when consuming a high protein diet. Raw and home cooked diets exceed protein levels commonly found in dry pet food. Therefore the levels of choline listed in the analysis do not warrant the addition of a choline supplement.

Minerals	Nutrients In Recipe	NRC Minimum Requirement	NRC Recommended Allowance
Calcium	1.149 g	0.40 g	0.70 g
Phosphorus	1.109 g	0.40 g	0.60 g
Magnesium	133.195 mg	50.00 mg	100.00 mg
Sodium	320.502 mg	160.00 mg	170.00 mg
Potassium	1.309 g	1.30 g	1.30 g
Chloride	480.749 mg	240.00 mg	240.00 mg
Iron	22.764 mg	20.00 mg	20.00 mg
Copper	1.379 mg	1.20 mg	1.20 mg
Zinc	29.779 mg	18.50 mg	18.50 mg
Manganese	1.219 mg	1.20 mg	1.20 mg
Selenium	170.389 mcg	75.00 mcg	75.00 mcg
Iodine	220.000 mcg	220.00 mcg	220.00 mcg

Nutrient Balance

Calcium : Phosphorus (Ca:P)	1.04 : 1
LA : ALA	115.88 : 1
Omega 6 : Omega 3	12.06 : 1

RECIPE 1 SHOPPING LIST

Pet Name	PET NAME
Life Stage	Adult Maintenance
30 Day Total Weight in LB	36.13
Average Price Per LB	\$ 0.85
Estimated Daily Budget	\$ 1.02
Estimated 30 Day Budget	\$ 30.56

		MEAL PREP FOOD LIST		
		Amount needed for 30 days		
Meal Prep Recipe Ingredients	Price / LB	Cooked Weights	Raw Weights - Shopping List	
Ground Turkey, 99% lean, cooked	/ LB	13.68 LB	16.42 LB	\$ -
Beef Chuck, boneless, cooked	/ LB	8.66 LB	10.39 LB	\$ -
Beef Heart, cooked	/ LB	1.98 LB	2.48 LB	\$ -
Salmon, cooked	/ LB	1.32 LB	1.72 LB	\$ -
Oysters, canned in water	/ LB		0.99 LB	\$ -
Mussels, no shell, cooked	/ LB	0.99 LB	1.98 LB	\$ -
Turkey Liver, cooked	/ LB	0.99 LB	1.16 LB	\$ -
Beef Kidney, cooked	/ LB	0.66 LB	0.99 LB	\$ -
		28.29 LB	36.13 LB	\$ -

		DAILY SUPPLEMENTS		
		Amount needed for 30 days		
Nutritional Supplements Added Daily	Price / Item	Amazon		
NOW E Oil (31.625IU/drop)	\$ 15.48 / BOTTLE	URL	28.5 DROP	\$ 0.59
Sunflower Oil, cold pressed	\$ 19.99 / BOTTLE	URL	67.5 TSP	\$ 6.71
NOW Omega 3	\$ 8.21 / BOTTLE	URL	30.0 PILL	\$ 1.23
				\$8.53

		BATCH PREP SUPPLEMENTS		
		Amount needed for 30 days		
Batch Prep Nutritional Supplements	Price / Item	Amazon		
NOW Pure Kelp Powder (450mcg/scoop)	\$ 13.60 / BOTTLE	URL	14.7 SCOOP	\$ 0.08
NOW Calcium Carbonate Powder	\$ 9.99 / BOTTLE	URL	24.2 TSP	\$ 1.21
Nutritional Yeast	\$ 13.99 / LB	URL	30.0 TSP	\$ 2.50
NOW Psyllium Husk Powder	\$ 15.84 / 1.5 LB	URL	79.9 TSP	\$ 16.75
NOW Iron Bisglycinate, 18mg	\$ 7.83 / BOTTLE	URL	20.8 PILL	\$ 1.36
NOW Taurine Pure Powder	\$ 10.39 / BOTTLE	URL	3.0 G	\$ 0.14
				\$22.03

BATCH PREP SUPPLEMENT INSTRUCTIONS

Step 1: Portion Individual Supplements

Use the supplement list above to portion out the individual supplements needed for 30 days of home prepared food. It is important to follow the unit of measurement listed for each supplement. Use a kitchen scale that measures grams to the tenth of a decimal for any supplements listed in grams.

Step 2: Dissolve Supplements in Liquid

All of the supplements listed are dry and can be dissolved into water, bone broth, or coconut water. Be sure to thoroughly mix. This will be used to mix into the batch prepared food. Open the capsules and empty the dry supplement into the liquid of choice. Compressed tablets will need time to dissolve in the liquid but can be crushed using a mortar and pestal or spice grinder.

Step 3: Mix Supplement Liquid into Batch Prepared Food

First, thoroughly mix the dissolved supplements into the ground organs or eggs; and then thoroughly mix the organ/egg supplement slurry into the ground meat. Once the supplements are mixed into the food it can be portioned into individual feedings. The remaining liquid supplements listed in the recipe will need to be added to food at mealtime on a daily basis.

FREQUENTLY ASKED QUESTIONS

1 Can I feed the custom meal plan recipe(s) indefinitely?

The recipe(s) are formulated to provide all essential nutrients required for Adult Maintenance. Therefore, the recipe(s) can be fed indefinitely unless a medical condition arises that requires a therapeutic diet adjustment.

2 Can I substitute different ingredients in the recipe?

The recipes are balanced as is and ingredient substitutions will affect the nutritional balance. The recipes are made to be fed as is without ingredient substitutions. However, there are certain ingredient substitutions that are possible without causing nutritional deficiencies. We have created a substitution guideline for custom meal plan clients to use if sourcing recipe ingredients becomes unpredictable. Any other ingredient substitutions will require recipe reformulation.

[Ingredient Substitution Guideline](#)

3 Are the recipes a single meal or a whole day's worth of food?

The recipes are formulated to Pet Name's daily calorie requirements (1000kcal). They represent the total amount of food that needs to be consumed within 24 hours. If multiple meals are fed throughout the day, separate the ingredients into individual feeding portions. Ingredients do not need to be evenly divided among each meal – ie: RMB + Seafood + Organs in the AM; and Muscle Meat + Supplements in the PM.

4 Are the supplements in the recipes necessary and safe?

All supplements listed in the recipe are required and should not be eliminated without reformulation. The supplements listed are from human grade brands that operate in an FDA certified facility and are GMP certified. These brands perform third party purity tests and provide the nutritional analysis on their supplements. This criteria is important in ensuring the supplement is of high quality and provides the nutrients required for the recipes. Each supplement dosage has been calculated to ensure they provide the essential nutrients required for optimal health without exceeding Safe Upper Limits (this avoids toxicity). Removing the supplements listed in the recipe should be avoided as it will result in nutritional deficiencies.

5 What if I need to make changes to my custom meal plan recipes?

The custom meal plans are intended to be formulated with ingredients from the homework assignment that pet parents can purchase at their local markets or from an online supplier of choice. Therefore, the recipes are formulated based on the completed homework assignment. Commonly sourced ingredients will be used if the homework assignment is not completed. Recipe adjustments will require a fee to accommodate the additional formulation time. The price below reflects the service cost for 1 recipe formulation adjustment to account for up to 3 changes.

Therapeutic Recipe Formulation Adjustment

\$ 48.46

** The pricing above is valid until December 31, 2023.*

OBEISITY PREVENTION

PETS WHO MAINTAIN HEALTHY BODY WEIGHT LIVE UP TO

2.5
YEARS LONGER

* 2019 Estimation provided by Banfield Pet Hospital.

A pet's physical body condition is the best method to use to identify if more or less food is required to maintain ideal body weight. The chart below provides the best guideline to determine a dog or cat's body condition score. Increasing daily food intake is recommended if a pet is underweight. Decreasing daily food is recommended if a pet is overweight or obese.



UNDERWEIGHT

UNHEALTHY
BCS 1-3/9

Lightly glide your fingers over your knuckles as you make a fist. A dog's or cat's body condition is underweight if their entire ribcage feels similar to this.



IDEAL WEIGHT

HEALTHY
BCS 4-6/9

Open your hand and face your palm down. Lightly glide your fingers over your knuckles. A dog's or cat's body condition is ideal if their entire ribcage feels similar to this.



OVERWEIGHT

UNHEALTHY
BCS 7/9

Open your hand and face your palm up. Lightly glide your fingers over the base of your fingers. A dog's or cat's body condition is overweight if their entire ribcage feels similar to this.



OBESE

UNHEALTHY
BCS 8-9/9

Open your hand and face your palm up. Lightly glide your fingers over the base of your thumb. A dog's or cat's body condition is obese if their entire ribcage feels similar to this.

IS YOUR PET OVERWEIGHT?

A pet is classified as **Overweight** when their current body weight is 10% to 20% above their ideal body weight. A pet is classified as **Obese** when their current body weight is 20% to 30% above their ideal body weight. **Morbid Obesity** is 30% and over ideal body weight.

DIET IMPROVEMENTS

Dogs and cats consistently lose weight when calories are managed and carbohydrates are reduced. The amount of carbohydrates in processed pet foods is 35-70% higher than the amount recommended for weight loss.

PET FOOD MACRONUTRIENT COMPARISON DATA

Recommended for Weight Loss	Averages in Dry Pet Food
15-20% Protein	20-30% Protein
7-9% Fat	10-20% Fat
1-2% Carbohydrates	46-76% Carbohydrates
65-80% Moisture	0-1% Moisture

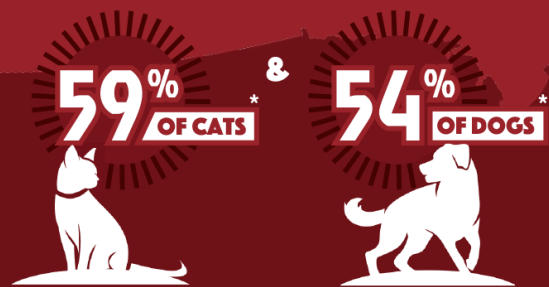
HOME PREPARED, HIGH PROTEIN & LOW CARB

High protein and low carbohydrate home prepared diets provide multiple benefits to fuel weight loss.

- ✓ Protects Lean Muscle Mass
- ✓ Decreases Blood Insulin
- ✓ Stabilizes Blood Glucose
- ✓ Reduces Body Fat

OBEISITY IS THE LEADING CAUSE OF DISEASE IN PETS

Arthritis	Heat Intolerance
Bladder Stones	Heart Disease
Cancer	Hypertension
Cushings	Hypothyroidism
Diabetes	Ligament Injuries



IN THE UNITED STATES ARE
OVERWEIGHT OR OBESE

* 2016 Estimation provided by the Association for Pet Obesity Prevention (APOP). Statistics are similar for pets around the world.